

Institute Name: Muralidhar Girls' College
Name of the Course: Yoga Course
Course Duration: 30 Hours
Resource Person: Ms. Choyona Muykhopadhyay
Assessment Questionnaire

Answer the following:

- 1) What is Yoga?
- 2) Who is the Father of Yoga?
- 3) How old Yoga is?
- 4) What is Ashtanga Yoga?
- 5) What is the meaning of Chittaprasadanam?
- 6) What are the benefits of Meditation?
- 7) What are the benefits of Bhujangasana?
- 8) What are the benefits of Hastha-Padasana?
- 9) According to yoga Philosophy, What is the meaning of Chitta?
- 10) What are the benefits of practising Yoga?

Kujalkini Bhow

Question Paper for Examination (Self Defence)

Total – 10 Marks

Q. 1) What is Self Defence?

Ans:

Q. 2) What is Yoko Geri?

- a) Upper Punch
- b) Front Kick
- c) Side Kick
- d) Roundhouse Kick

Q. 3) Karate means what?

- a) Self Defence
- b) Fighting
- c) Empty Hand
- d) Way of the Sun

Q. 4) What is Jodan?

- a) Down
- b) Low
- c) Middle
- d) High

Q. 5) What is Sensei?

- a) Friend
- b) Instructor
- c) Karateka
- d) Student

Q. 6) What is Dojo?

- a) Karate School
- b) Karate Uniform
- c) Karate Students
- d) Karate Instructor

Q. 7) What is Uke?

- a) Block
- b) Kick
- c) Punch
- d) Stance

Q. 8) What is Dachi?

- a) Block
- b) Kick
- c) Punch
- d) Stance

Q. 8) What is WKF?

- a) World Kick Boxing Federation
- b) World Karate Foundation
- c) World Karate Federation
- d) World Kick Federation

Q. 9) Heiko Dachi means what?

- a) Normal Stance
- b) V Stance
- c) Abnormal Stance
- d) Horse Riding Stance

Q. 10) Kumite means what?

- a) Karate
- b) Self Defence
- c) Fighting
- d) Form

Kunjilini Bina

MURALIDHAR GIRLS' COLLEGE
SPOKEN ENGLISH

TIME DURATION: 1.30 HRS

I. CHOOSE THE CORRECT ANSWER :

Marks 20 x 1 = 20

1. How many vowels are there in English alphabets?
a) 4
b) 5
c) 9
d) 6
2. Which group is made up of only vowels?
a) a, b, c, d
b) j, k, l, m
c) a, I, o, u
d) u, v, w, y
3. How many vowels are there in the given words:- "CHEERFUL"
a) 4 b) 5 c) 3 d) 2
4. The consonants in the word are:- "UNDO"
a) u, o b) n, o c) n, d d) d, u
5. Find the odd one out:- "a, w, l, u, e"
a) e b) w c) a d) i
6. Count the total number of consonants present in the word:- "MISSISSIPPI"
a) 7 b) 6 c) 4 d) 3

II. SELECT THE OPTION WHICH IDENTIFIES THE NOUN IN THE SENTENCE :-

7. Ragav is going for a walk.

- a) Ragav b) Going c) For d) Walk

Kingalini Bina

Principal
Muralidhar Girls' College

8. Look at the colourful rainbow.

- a) At b) Rainbow c) Look d) Colourful

III. PICK THE PRONOUN FROM THE OPTIONS TO FILL THE BLANK IN THE FOLLOWING:-

9. Ria forgot _____ bag in the playground.

- a) She b) her c) his d) it

10. _____ belongs to the most intelligent group of boys in the school.

- a) He b) she c) it d) his

11. Adjectives are words that describe what ?

- a) Adjectives b) verbs c) nouns d) adverbs

12. The _____ prize was won by a Hindu.

- a) Great b) First c) One d) Silver

IV. SELECT THE OPTION WHICH IDENTIFIES THE VERB IN THE SENTENCE :-

13. There are books on the shelf.

- a) Books b) Are c) Shelf d) On

14. Kids are playing cricket in the garden.

- a) Cricket b) Playing c) Kids d) the garden

15. Always obey your elders.

- a) Elders b) Obey c) Always d) Yours

V. FIND OUT THE ARTICLES:-

16. I borrowed _____ pencil from your pile of pencils and pens.

- a) A b) An c) The d) Zero

17. _____ ink in my pen is red.

- a) A b) An c) The d) Zero

VI. SELECT THE OPTION WHICH IDENTIFIES THE PREPOSITION IN THE SENTENCE:-

18. He threw the phone on the bed.

- a) Threw b) Bed c) On d) Phone

Kripalini Bisen

19. I am walking along with the river bank.

- a) Along b) River c) Walking d) Am

20. The fish in the aquarium looks so colourful.

- A) Looks b) In c) Colourful d) So

V. EXTEMPORE:

Marks = 20

Topics:- a) My Childhood b) My Idol c) Aim in Life

VI. WRITING SKILL

Marks = 10

- a) CV Writing b) Email Writing

Kunjalkini Bhat

Muralidhar Girls' College

Add On Course: Media, Speaking and Presentation (30 Hour)

Resource Person: Sukrity Mukherjee

Assessment Questionnaire:

- 1) A first year student of The Aviana Institute has been died due to ragging Rush immediately & Cover the news (5)
- 2) Write a feature on this issues (ragging) for supplementary pages... (8)
- 3) A hospital will be inaugurated tomorrow by the Birla Group Prepare a Press Release for the same (4)
- 4) Need an interview of eminent writer Navanita Dev Sen ... for the Supplementary page (8)

Kripalini Bhow

Muralidhar Girls' College

Add On Course: Media, Speaking and Presentation (30 Hour)

Resource Person: Ahona Banerjee

Assessment Questionnaire:

- 1) What are the differences between In-depth News stories and Feature Stories?
- 2) Discuss elaborative the techniques of television interview?
- 3) What are the Techniques of writing television news copy?
- 4) What do you think about an ideal "talk show"
- 5) Discuss the different phases of pre- production and post production for Current Affairs Program in television?
- 6) Balanced presentation is very much important for television news coverage. Does it help to build public opinion?
- 7) What are the different stages of producing a program for television
- 8) Which responsibilities are common for bulletin producer?
- 9) What is PTC?
- 10) What responsibilities are common for news anchor?

Ahona Banerjee

Muralidhar Girls' College

Muralidhar Girls' College

Add On Course: Media, Speaking and Presentation (30 Hour)

Resource Person: Sananda Roy Choudhury

Assessment Questionnaire:

- 1) What are the key points you should remember before writing for digital media
- 2) What are the basic difference between newspaper writing and digital writing?
- 3) What are the issues you should never cover in writing
- 4) Do's and Don't you should keep in mind when you write
- 5) What facts you should mandatorily check to prepare a news copy?
- 6) If you and your editor are not in a same boat how you will prepare a copy?
- 7) How can you convert a hard news to a soft one?
- 8) If you have less stock information but have to write more, how you will refill?
- 9) What does bad writing mean?
- 10) Write what you speak.. what does it actually mean?



Principal
Muralidhar Girls' College

A brief report on ADD-ON class on Soft Skills

Trainer: Parmita Dhar

Trainee: Students of Sem VI of Muralidhar Girls College, Kolkata.

Date: 05.12.2022

The 30 hour module on Soft skills was designed keeping in mind the need of the students to be a part of the professional world. The module broadly covered areas of communication development, public speaking, grooming and etiquette.

The classes were held on Tuesdays and Thursdays from 7 to 8:30 pm on Gmeet.

The **evaluation** was done in the following parameters:

1. Class Participation
2. Assignment Submission (Written & Oral)
3. Oral exercises
4. CV Writing

Areas of Concern:

- English language skills
- Expectation Management
- Attitude

Observations:

With the attendance being very poor no justice could be made to the initiative taken by the college. Only three students somehow managed to continue through all the classes. Continuous evaluation could be conducted only with them. The names and grades of the students are mentioned below:

Mitrashree Roychowdhury: Department of English: A+

Sohini Dutta: Department of Journalism: A

Sayantika Mukherjee: BA General: A

Recommendations:

Regular sessions on professional language development, personality development & grooming are recommended from Semester I.

Parmita Dhar

25/12/2022

Add-On Course - Cutting & Embroidery Course

1. What is total measurement of the Inch Tape? 5*2=10
2. Write the name of two stitching tools?
3. Write The Name of three Machine Parts ?
4. Write The name of one Temporary stitch and one permanent Stitch ?
5. How many measurement needs for petticoat making ?

6. A. one inch _____ division line. 5*1=5
B. Cutting tools name _____.
C. _____ is the most opulent form of Indian embroidery.
D. Chikancary Embroidery start at first _____ State.
E. _____ is the old traditional embroidery in India.
7. How many step follow to making a proper dress ? 4
8. doing a formula of blouse making- Length – 14' , shoulder – 13' , Chest – 32' , waist- 30'
Sleeve length -6' , sleeve Round – 10' 6
9. Doing the hand stitch **RUN / CHAIN** on 6'/6' fabric . 5

Kingshini Bhanu

Principal, Kingshini Bhanu

1. Which organ of the body is called 'chemical lab' —
 (a) liver (b) kidney (c) heart (d) tongue
2. Change in BMR during pregnancy —
 (a) decreases (b) increases (c) no change (d) 0
3. Energy given by 1 gm of fat
 (a) 4 kcal (b) 9 kcal (c) 7 kcal (d) None of
4. Chemical name of vitamin A
 (a) Thiamin (b) cyanocobalamin (c) Retinol (d) None
5. Among the options who eats egg —
 (a) lacto vegetarian (b) ovo vegetarian (c) vegan (d) ^{vege} ~~torian~~
6. Tofu is prepared from —
 (a) Soyabean (b) Dal (c) Eggs (d) Meat
7. Foods to be avoided during diarrhoea —
 (a) Fruit juice (b) Glucose water (c) Fibre rich ^{vegs.} (d) Dal ^{water}
8. Which of the foods does not have high potassium —
 (a) Dal water (b) Orange juice (c) Dal (d) Rice
9. Which of the following is an example of clear liquid diet —
 (a) clear veg soup (b) chowmein (c) Cake (d) Rice
10. Food to be restricted in liver diseases
 (a) Biryani (b) light fish ^{Thal} (c) Orange ^{juice} (d) Curd

Unijalini Bina

11. Nutrient required for body building is —

- (a) Protein (b) Vitamins (c) Fat (d) water

12. Which of the following is 'fast food' —

- (a) Burger (b) khichdi (c) chapati (d) Fish Curry

13. PEM or PEM stands for —

- (a) Protein Effected Malnutrition
(b) Protein Efficiency Malnutrition
(c) Protein Energy Malnutrition
(d) Protein Energy Monitoring

14. Pellagra is the deficiency disorder of which of the following.

- (a) Thiamin (b) Pyridoxin (c) Niacin (d) Ascorbate

15. Which vitamin is destroyed when pulses are cooked with soda.

- (a) vit - A (b) vit - B (c) vit - C (d) vit - D

16. Which of the following is a mixed heat method of cooking —

- (a) Frying (b) Boiling (c) Baking (d) Frying

17. Right temperature of blanching is —

- (a) 99° - 100° (b) 94° - 100° (c) 50° - 60° (d) 70° - 80°

Kingella River

18. Food habit depends on —

- (a) Economic Condition (b) Geographical environment (c) Availability

19. which food stuff is placed at the bottom of the food pyramid —

- (a) Cereals (b) Oil & fats (c) Meat & fish

(d) Milk

20. ~~Body~~ Full form of BMI is —

- (a) Body Mass Index (b) Bodily Mass Index
(c) Body Mass Index (d) None

১) জীববৈজ্ঞানিক স্কেল অনুসারে কী হল —

- (a) লিভার (b) বৃক্ক (c) হৃদয় (d) পিঙ্ক

২) ডাউনস সিন্ড্রোম BMR এর কী রূপ পরিবর্তন করে —

- (a) হ্রাস পায় (b) বৃদ্ধি পায় (c) কোনো পরিবর্তন (d) অল্প হ্রাস পায়

৩) ১ গ্রাম অক্সিজেন থেকে কত শক্তি পাওয়া যায় —

- (a) 4 kcal (b) 9 kcal (c) 7 kcal (d) কোনোটিই নয়

৪) ডিউরগিন - A এর বৈজ্ঞানিক নাম —

- (a) অক্সালিক (b) অক্সালিক/ক্যালসিয়াম (c) ক্রিটিনিন (d) ডিউরগিন

৫) অক্সিজেনের কারণে কী ঘটে —

- (a) ল্যাকটিক অ্যাসিডের উৎপাদন (b) গ্লুকোজের উৎপাদন
(c) রক্তচাপ (d) রক্তের pH

৬) হোমো কী থেকে তৈরি হয় —

- (a) অক্সিজেন (b) জল (c) ডিম (d) হাড়

৭) ডাউনস সিন্ড্রোম কোনটি বর্ণন করে উচিত —

- (a) অক্সিজেন (b) গ্লুকোজ (c) হার্ট (d) অক্সিজেন

৮) অক্সিজেনের কারণে কী ঘটে অক্সিজেনের উৎপাদন —

- (a) অক্সিজেন (b) ক্যালসিয়াম (c) জল (d) অক্সিজেন

৯) অক্সিজেনের কারণে কী ঘটে অক্সিজেনের উৎপাদন —

- (a) অক্সিজেন (b) ডাউনস (c) অক্সিজেন (d) অক্সিজেন

১০) লিভারের কোন অংশে কোন অংশে —

- (a) অক্সিজেন (b) অক্সিজেন (c) অক্সিজেন (d) অক্সিজেন

King's College London

11. হেজ নির্মূল্য অথবা অপ্রয়োজনীয় পুষ্টি উদ্ভিদে কোন —

- (a) প্রোটিন (b) ফাইব্রিন (c) স্টার্চ (d) জল

12. নিম্ন নিম্নিত কোনটি সঠিক —

- (a) প্রোটিন (b) ফাইব্রিন (c) স্টার্চ (d) সারি (সালফার)

13 PEM এর মূল্য কত —

- (a) Protein Effected Malnutrition (b) Protein Efficiency Malnutrition

- (c) Protein Energy Malnutrition (d) Protein Energy Monitoring

14. নিম্ন নিম্নিত কোন পুষ্টি উদ্ভিদে অপ্রয়োজনীয় অথবা অপ্রয়োজনীয় —

- (a) প্রোটিন (b) ফাইব্রিন (c) স্টার্চ (d) সারি (সালফার)

15. কোন কোন গ্রন্থি রক্তে ভিটামিন D-এর স্তর —

- (a) Vit - A (b) Vit - B (c) Vit - C (d) Vit - D

16. প্রোটিনের কোনটি অথবা অপ্রয়োজনীয় পুষ্টি —

- (a) প্রোটিন (b) ফাইব্রিন (c) স্টার্চ (d) সারি (সালফার)

17. প্রোটিনের কোনটি অথবা অপ্রয়োজনীয় পুষ্টি —

- (a) 99°-199°C (b) 94°-100°C (c) 50°-60°C

- (d) 70°-80°C

18. প্রোটিনের কোনটি অথবা অপ্রয়োজনীয় পুষ্টি —

- (a) প্রোটিন (b) ফাইব্রিন (c) স্টার্চ (d) সারি (সালফার)

19. প্রোটিনের কোনটি অথবা অপ্রয়োজনীয় পুষ্টি —

- (a) প্রোটিন (b) ফাইব্রিন (c) স্টার্চ (d) সারি (সালফার)

20. BMI এর মূল্য কত —

- (a) Body Mass Index (b) Bodily Mass Index (c) Body Mass Index (d) Body Mass Index

Sexual Harassment in Workplace and its legal side

Examinations

Total Marks – 60

Time – 30 min

All questions contains Equal marks

Full Name –

College Roll no. –

Email –

Subject of Specialisation (if any) –

Semester –

Questions

1. Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 received the assent of the President on?

- A. 8 March 2013
- B. 22 April 2013
- C. 8 December 2012
- D. 22 March 2013

ANS.

2. Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 is Act ____ of 2013?

- A. 14
- B. 37
- C. 32
- D. 9

ANS.

3. What is the purpose of Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. provide protection against sexual harassment of women at workplace
- B. prevention and redressal of complaints of sexual harassment
- C. Both a and b above
- D. None of these

ANS.

4. Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 came into force on?

- A. 22 April 2013
- B. 9 December 2013
- C. 21 August 2014
- D. 22 January 2015

ANS.

5. "Chairperson" under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 means?

- A. Chairman of Parliamentary Committee on Women
- B. Minister of Women and Child Development
- C. Chairperson of National Women's Commission
- D. Chairperson of the Local Complaints Committee

ANS.

6. "Employee" under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 means?

- A. regular employee

- B. temporary employee
- C. adhoc/daily wage employee
- D. All the above

ANS.

7. Which among the following is a "sexual harassment" as defined under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. physical contact and advances
- B. a demand or request for sexual favours
- C. showing pornography
- D. All the above

ANS.

8. Which among the following does not come under the meaning "workplace" under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. any private sector organisation
- B. hospitals or nursing homes
- C. any sports institute, stadium, sports complex
- D. None of these

ANS.

9. Which of the following may amount to sexual harassment under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. implied or explicit promise of preferential treatment in her employment
- B. implied or explicit threat of detrimental treatment in her employment
- C. humiliating treatment likely to affect her health or safety
- D. All the above

ANS.

10. Section 4 of Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 deals with?

- A. Complaint of sexual harassment
- B. Inquiry into complaint.
- C. Constitution of Internal Committee
- D. Prohibition of publication or making known contents of complaint and inquiry proceedings

ANS.

Kingallini Dima

11. What is not sexual harassment

- A. Physical contact
- B. A demand or request for sexual favours
- C. Sexually coloured remarks
- D. None of these

ANS.

12. When does sexual harassment take place -

- A. When one individual subjects another person to an unwelcome act of physical intimacy, like grabbing, brushing, touching, pinching etc.
- B. When one individual makes an unwelcome demand or request (whether directly or by implication) for sexual favours from another person, and further makes it a condition for employment payment of wages/increment/promotion etc.
- C. When one individual makes an unwelcome remark with sexual connotations, like sexually explicit compliments/cracking inappropriate jokes with sexual connotations/making sexist remarks etc.
- D. All of these.

ANS.

13. Which section of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, outlines formation of local complaints committee

- A. 5
- B. 6
- C. 7
- D. 8

ANS.

14. Which section of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, outlines conciliation

- A. 8
- B. 9
- C. 10
- D. 11

ANS.

15. Which section of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, outlines duties of employer

- A. 17
- B. 18
- C. 19
- D. None of these

ANS.

16. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, applies to –

- A. Whole of India
- B. Whole of India except the state of Jammu and Kashmir
- C. Whole of India except the north-eastern states of India
- D. Whole of India except the Union Territories

ANS.

17. Can any person with information file a complaint to the complaints committee –

- A. Yes only after obtaining written consent from the victim
- B. Yes even without the consent of the victim
- C. No

ANS.

18. Which act among the followings is an act of 'sexual harassment' under The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 –

- A. Unwelcome physical contact and advances, unwelcome sexually colored remarks
- B. Domestic violence against women
- C. Trafficking
- D. All the above

ANS.

19. Which of the following bodies can provide redressal to a female domestic worker who files a complaints against her employer –

- A. Women's Cell
- B. Internal Complaints Committee
- C. Local Complaints Committee
- D. All the above

ANS.

20. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, applies to –

- A. Organised sector
- B. Unorganized sector
- C. Neither A nor B
- D. Both A and B

ANS.